



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

DIABETES (30 SECONDS)

This is Acting State Health Officer, Doctor Scott Harris. There are over 239-thousand Alabamians known to have pre-diabetes, which is an elevated blood glucose level that's not quite high enough to be diagnosed as diabetes, but is higher than normal.

The good news is that pre-diabetes and type two diabetes can be prevented or delayed.

To learn the risk factors and lifestyle changes that you can make, visit our website at Alabama public health dot gov slash diabetes.

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